

Full Report (All Nutrients) 45045864, AHOLD, SOUP, BROCCOLI & CHEESE, UPC: 688267066641

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer AHOLD

Nutrient	Unit	Data points	Std. Error	1 cup 245g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	321	131
Protein	g	--	--	11.00	4.49
Total lipid (fat)	g	--	--	23.01	9.39
Carbohydrate, by difference	g	--	--	13.99	5.71
Fiber, total dietary	g	--	--	1.0	0.4
Sugars, total	g	--	--	3.99	1.63
Minerals					
Calcium, Ca	mg	--	--	350	143
Iron, Fe	mg	--	--	0.37	0.15
Sodium, Na	mg	--	--	750	306
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	17.9	7.3
Vitamin A, IU	IU	--	--	1000	408
Lipids					
Fatty acids, total saturated	g	--	--	13.99	5.71
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	76	31

Amino Acids

Other

Ingredients
VEGETABLE STOCK (WATER, VEGETABLE BASE [CARROTS, ONIONS, CELERY, SALT, SUGAR, MALTODEXTRIN, CORN OIL, YEAST EXTRACT, NATURAL FLAVOR, POTATO STARCH]), LIGHT CREAM, BROCCOLI, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO, POWDERED CELLULOSE [TO PREVENT CAKING]), MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, POWDERED CELLULOSE [TO PREVENT CAKING]), CONTAINS 2% OR LESS OF: ROMANO CHEESE (SHEEP’S MILK, CHEESE CULTURE, SALT, ENZYMES, CELLULOSE [TO PREVENT CAKING]), MODIFIED FOOD STARCH, CHEESE FLAVOR (WHEY, NON-FAT DRY MILK, NATURAL FLAVORS [CHEDDAR CHEESE {MILK, SALT,

CULTURE, ENZYME}, BUTTERMILK, SODIUM PHOSPHATE], SALT, MALTODEXTRIN, SILICONE DIOXIDE, MODIFIED FOOD STARCH), BUTTER (CREAM, SALT), WHEAT FLOUR, HOT PEPPER SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT), NISIN PREPARATION, SPICE *Date Last Updated by Company:* 12/21/2015